



Martin J. Chávez, Mayor

City WellNews

Volume 2, Issue 10

Insurance & Benefits Division

November 2009

November is Diabetes Awareness Month!!

What is type 2 diabetes? Diabetes is a disease in which blood glucose levels are above normal. People with diabetes have problems converting food to energy. After a meal, food is broken down into a sugar called glucose, which is carried by the blood to cells throughout the body. Cells use the hormone insulin, which is made in the pancreas, to help them process blood glucose into energy.

People develop type 2 diabetes because the cells in the muscles, liver, and fat do not use insulin properly. Eventually, the pancreas cannot make enough insulin for the body's needs. As a result, the amount of glucose in the blood increases while the cells are starved of energy. Over the years, high blood glucose damages nerves and blood vessels, leading to complications such as heart disease, stroke, blindness, kidney disease, nerve problems, gum infections, and amputation.

What are the signs and symptoms of type 2 diabetes? Nearly 6 million people in the United States have type 2 diabetes and **do not know it**. Many have no signs or symptoms. Symptoms can also be so mild that you might not even notice them. Some people have symptoms but do not suspect diabetes.

Symptoms include

- increased thirst
- increased hunger
- fatigue
- increased urination, especially at night
- weight loss
- blurred vision
- sores that do not heal

Many people do not find out they have the disease until they have diabetes complications, such as blurry vision or heart trouble. If you find out early that you have diabetes, then you can get treatment to prevent damage to your body.

Source: www.cdc.gov & www.nih.gov

Your "Passport to Good Health" is coming soon!

The City of Albuquerque is proud to announce our thirteenth Employee Wellness Fair which will be held on **Friday November 6, 2009** at the Albuquerque Convention Center, West Complex, SW Exhibit hall. The upcoming Employee Wellness fair will focus on the treatment and prevention of diabetes. You will have the opportunity to be screened for several risk factors related to diabetes. The **FREE** health screenings will include:

- Cholesterol & A1c (8 hour fast required)
- Blood Sugar
- Blood Pressure
- Body Mass Index
- Hearing Screenings
- Heel Scan for bone density

Free flu shots will also be provided to all City employees at the fair. Please bring your medical insurance card, or a City pay stub to receive the flu shot.

By participating in all of the above mentioned screenings you will be eligible to enter a drawing for the Grand Prize or one of many door prizes.

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November 19th, 2009 is the Great American Smokeout

The Great American Smokeout is a nationally recognized day that challenges people to stop using tobacco, raise awareness about the dangers of smoking, discuss the many effective ways available to quit smoking and all the health benefits you gain after quitting.

Quitting smoking is an important step in improving your health. It can also be a difficult challenge. The following tips may help:

Get motivated. You can't quit unless you are motivated. Make a list of the benefits of quitting, such as reducing your risk of developing cancer, saving money and keeping secondhand smoke away from your family.

Set a date to quit. Now that you know exactly why you want to quit, set the date. To prepare, remove items that remind you of smoking, such as ashtrays, matches or lighters, and throw away cigarettes.

Know your triggers. Every smoker has certain trigger activities that prompt the urge to smoke. Ending a meal, talking on the phone at home or drinking coffee are a few examples. It's important to recognize your triggers and develop ways to control them.

Handle the urge. Delay lighting up when you get the urge to smoke. The urge will pass in just a few minutes. Also, distract yourself by doing something such as walking, reading or chewing gum. And try to breathe deeply, inhaling and exhaling slowly. In addition, drink water and avoid caffeine and alcohol.

Find support. Tell your friends and family that you're quitting and that you want their support. And talk with your doctor, who can help you develop a plan for quitting.

Consider nicotine replacement. The nicotine patch or nicotine gum may help you, and they're available over the counter. These aids may help ease some of the withdrawal symptoms associated with quitting smoking. But nicotine replacement products are not substitutes for modifying your behavior and being aware of your triggers. Remember that smoking is a habit as well as an addiction. Be sure to talk with your doctor before using any nicotine replacement products.

Source: Wellness Councils of America & www.medicinenet.com

What is Lung Cancer?

Lung cancer is the uncontrolled growth of abnormal cells in the lung. Normal lung tissue is made up of cells that are programmed by nature to create lungs of a certain shape and function. Sometimes the instructions to a cell go haywire and that cell and its offspring reproduce wildly, without regard for the shape and function of a lung. That wild reproduction can form tumors that clog up the lung and make it stop functioning as it should. Because of the large size of the lungs, cancer may grow for many years, undetected, without causing suspicion. In fact, lung cancer can spread outside the lungs without causing any symptoms. Adding to the confusion, the most common symptom of lung cancer, a persistent cough, can often be mistaken for a cold or bronchitis.

Source: www.meds.com/lung/guide/u_lung.html

Need Help Quitting Tobacco?

Most people who use tobacco want to quit, but it is not easy. It is a step-by-step process and it is important to plan ahead.

- Be prepared! If you know what symptoms to expect when you quit, you can learn how to cope with those unpleasant feelings.
- Get support! Know who you can turn to when you feel you need extra help.
- Talk to your Primary Care Practitioner about medications that can make it easier to quit.

It often takes several tries to be successful. Every time you try, you learn something new that can help you quit for good!

Getting Help Is Just a Phone Call Away!

Blue Cross Blue Shield, Personal Health Manager:
1-877-232-5538 or visit www.bcbsnm.com/

Presbyterian, The QUITLINE
1-888-840-5445 or visit www.phs.org

New Mexico Quitline
1-800-QUIT-NOW

Vegetable of the Month



Mustard Greens

Mustard greens are the most pungent of the cooking greens and lend a peppery flavor to food. They originated in the Himalayan region of India more than 5,000 years ago. Like many other cooking greens, mustard can be found in many Chinese, African-American, and southern dishes. Brassica juncea, the mustard plant, is characterized by its crumpled or flat leaves that may have scalloped, frilled or lacey edges. In addition, this plant produces the brown seeds that are used to make Dijon mustard.

Recipe

Curried Mustard Greens & Garbanzo Beans with Sweet Potatoes

Makes 4 servings

Each serving equals 1 cup of fruit or vegetables

Ingredients

2 medium sweet potatoes peeled and sliced thin

1 medium onion cut in half and sliced thin

2 medium cloves garlic, sliced

½ cup + 1 Tbsp chicken or vegetable broth

½ tsp curry powder

¼ tsp turmeric

2 cups chopped and rinsed mustard greens

1 15 oz can sodium free diced tomatoes

1 15 oz can garbanzo beans, drained

2 Tbsp extra virgin olive oil

salt and white pepper to taste

Steam peeled and sliced sweet potatoes for approximately 5–8 minutes.

While steaming potatoes, slice onion and garlic. Heat 1 Tbsp broth in 12 inch skillet. Sauté onion in broth over medium heat for about 4–5 minutes stirring frequently, until translucent. Add garlic, curry powder, turmeric, and mustard greens. Cook, stirring occasionally until mustard greens are wilted, about 5 minutes. Add garbanzo beans, diced tomatoes, salt and pepper. Cook for another 5 minutes.

Mash sweet potatoes with olive oil, salt and pepper. If you need to thin potatoes, add a little more broth. Serve mustard greens with mashed sweet potatoes.

Nutritional analysis per serving: Calories 244, Protein 9g, Fat 8g, Calories From Fat 30%, Cholesterol 0mg, Carbohydrates 35g, Fiber 9g, Sodium 351mg.

Source: www.fruitsandveggiesmatter.gov

November Wellness Tips

Nutrition Tip

Ham it Up. Choose Canadian bacon instead of regular bacon to save on calories and fat. Grilled Canadian bacon, which is more like ham, has about 50 calories and 2 grams of fat per ounce (one thick slice) compared to regular bacon which has about 165 calories and 14 grams of fat per ounce (four slices). The downside is that they are equally high in sodium - about 450 milligrams per ounce.

Fitness Tip

Resisted Arm Curls. You can use your own bodyweight to do exercises. For biceps curls, bend your right arm 90 degrees and place your palm face up. Now make a fist with your right hand and place your left wrist on your right wrist. Use your left arm strength to put some resistance (press down) on your right wrist and begin raising and lowering your right arm - doing a bicep curl. Do 12-15 repetitions and then switch arms. Complete 1-3 sets. Do these every other day.

Health Tip

Don't let workday stress send you to the Goody Jar.

The stress hormone, cortisol, fools you into thinking you need carbohydrates (sugar) and fat. But what you are really craving is time to decompress. Call a friend or ask a co-worker to join you for a walk. If you are still hungry, have an apple or carrot sticks - the (low-calorie) crunch will help relieve tension stored in your facial muscles.

Mayor's Monthly Green Tip

Turn down the heat! Overheating our homes is a common phenomena because we don't like the idea of sensing a chill, or we just don't think about putting on another layer. But when the air starts to turn cool, remember that the natural cycle is to get your warmer clothes out of storage and layer up.

By setting your home heating system just a few degrees lower, and layering up, you can save a sizable amount of energy. And you'll make your mother happy by wearing that sweater she gave you last Christmas!

A light long-sleeved sweater is generally worth about 2 degrees in added warmth, while a heavy sweater adds about 4 degrees.

Source: www.thedailygreen.com

2009 City Employee Flu Shot Clinics

(This vaccine does not protect against the H1N1 virus)

Location	Date/ Time	Place
Pino Yards Bldg. D	10.28.09 6:00am-10:00am	5501 Pino Road, NE
APD Academy	11.03.09 7:00am-11:00am	5412 2 nd ST NW (2 nd and Montano)
City/County "Passport to Safe & Healthy Holidays Health Fair"	11.6.09 8:00am-3:00pm	Albuquerque Convention Center, West Complex, SW Exhibit Hall
Aviation Department	11.10.09 2:00pm-4:00pm	2200 Sunport Blvd. SE Press Room
Solid Waste Edith	11.12.09 6:00am-10:00am	4600 Edith NE
AFD Fire Academy	11.18.09 7:00am-11:00am	11500 Sunset Gardens SW Rm 105
Water Reclamation Plant	11.19.09 7:00am-10:00am	4201 Second Street (South of Rio Bravo)
Vincent E. Griego City Council Chambers	12.03.09 11:00am-2:00pm	Basement of the City/County Bldg.

An Ounce of Prevention

There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you get sick with influenza, the CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Source: www.cdc.gov

H1N1 Vaccine Update

The NM Department of Health is working with providers throughout the state including hospitals, clinics, private providers and pharmacists, to provide vaccinations to protect people against the new strain of influenza (H1N1).

The Department is planning clinics statewide and will announce the dates, times and locations of clinics when they are scheduled.

Please see <http://nmhealth.org/H1N1/index.shtml> for more information.

Topics you would like us to discuss in City WellNews?

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